

NOVEMBER SOCIAL MEDIA POSTS

Holidays

There are more ways than one to enjoy sweet potatoes! @Fruits_Veggies has over 20 recipes to enjoy for Sweet Potato Awareness Month: <http://ow.ly/YriH305xpje>

Are you *aware* sweet potatoes are good sources of fiber, potassium and high in vitamins A & C? Learn more for Sweet Potato Awareness Month: <http://ow.ly/dYRXt>

Don't take #pomegranates for granted! Enjoy the sweet taste and most important, the nutrients! Learn more! <http://ow.ly/XB7930g9cF2> #PomegranateMonth

It's all about the seed! Learn ways to enjoy #pomegranate seeds for #NationalPomegranateMonth! <http://ow.ly/frUC30g9dbP>

November is Vegan Month! Try these new recipes...just in time for the holidays: <http://ow.ly/ZiiC305xpYb>

It's #AmericanDiabetesMonth, and we are committed to helping u fight this disease head on with #fruits and #veggies! GET MORE! #No2Diabetes

26mil ppl have diabetes n 79mil have prediabetes. Stop #diabetes in its tracks w/FVs. #AmericanDiabetesMonth EAT MORE FVs: <http://ow.ly/qfeOg>

For Good Nutrition Month, vow to have a good #nutrition LIFE! Eating #healthy is a fulfilling lifestyle change that benefits u and ur family.

Recipes

Bypass the butter and instead spread this #BartlettPear Orange #Marmalade on your #toast: <http://ow.ly/DwBAS>

What comes to mind when thinking of an afternoon snack? Cookies, chips...? How about some #Apple Wedges w/ #Pumpkin #AlmondButter?! <http://ow.ly/kte1305xqvY>

Get cozy and comfy with this filling Butter #Beans, #Vegetable & Pasta #Soup: <http://ow.ly/DwD9J>

Mouthwatering, refreshing, sweet, & tangy all come to mind when we think about this #Fruit & Feta #Salad from @Fruits_Veggies: <http://ow.ly/18UR305xqEn>

#Dessert coming right up! This #Fruit Crisp will satisfy any sweet tooth craving: <http://ow.ly/DwMgH>

@Fruits_Veggies has the perfect mouth-watering #MeatlessMonday meal! Try this #Potato, Black Bean, & #Kale Skillet without the chicken! <http://ow.ly/iTcF305yChx>

Impress ur family in 30min with our #Fig, #Apple & Chicken #StirFry! Quicker than pizza delivery!
<http://ow.ly/DwN6V>

A recipe that features this season's best! Try this #Squash w/ Pecans & #Cranberries side dish 2 upstage ur next entree: <http://ow.ly/sZQFD>

Savory and sweet all mixed into one pot! Try this comforting #SweetPotato and #BlackBean Stew:
<http://ow.ly/TDI8M>

Warm up with a bowl of this hearty Creamy #Squash Soup w/ Shredded Apples: <http://ow.ly/TDIgu>

Having chicken #salad for #lunch? Put a crunchy twist on it...try this --> <http://ow.ly/cMC8305yGpR>

General

Pile up the fruits and veggies today! Its #NationalSandwichDay and you'd be surprised how many diff FVs can fit between two pieces of bread.

Get Figgy Wit It! Its National #Fig Week & Your Produce Man shows you how to select the perfect fig:
<http://ow.ly/dYSgD>

Fight the flu w/ ur fork! Here are some tips to fight the season's worst with the season's best!
<http://ow.ly/qftH4>

#Chestnuts are popular this time of year & they're very low in fat compared to other nuts! Learn more:
<http://ow.ly/emV2t>

Combat calories--When eating out, seek fruits n veggies in their simplest form, no fried foods, hold the sauce and breading. Water vs. soda.

Not sure how to crack a #pomegranate? Attack an #avocado? Search @Fruits_Veggies video center:
<http://ow.ly/qfxLk>

Don't let a hectic schedule keep you from a #healthy meal--here are seasonal 30 Minutes or Less #Recipes to the rescue: <http://ow.ly/en0nv>

#Shoutout to our Pantry Heroes: CANNED Beans, Tomatoes, and Peaches—this team is sure to up the nutrition value of many meals.

Your meals not so healthy? Give your meals a makeover with these yummy ideas: <http://ow.ly/Dx3Xr>

Not sure how to read a food label? Make better choices by understanding nutrition content:
<http://ow.ly/Dx5nJ>

#Quinces have a pleasant smell that is a mixture of pear and pineapple. They also provide great nutrition and flavor! Enjoy these TEN ways: <http://ow.ly/Dx6rb>

#TipoftheDay: Peel produce only if you have to. The skin can provide added nutrients and flavor!

There's nothing like a warm bowl of soup to soothe the soul! Here are TEN reasons why you should make soup: <http://ow.ly/DxbaL>

#TipoftheDay: Stash bags of dried fruit at your desk for a convenient snack!

Give them the power of choice! Let your young'n pick out a new fruit or vegetable for the family to try on each shopping trip.

Happy #Thanksgiving! A time for family, friends, and food! Here are some suggestions for the Thanksgiving table: <http://ow.ly/Dxkk6>

Check out 6 easy ways to lighten up some holiday favorites without losing flavor! <http://ow.ly/emX5I>

Make your plate as colorful as the autumn leaves—more color = more #nutrition! Here's how: <http://ow.ly/en0DI>

#DidYouKnow there's a difference between a sweet potato & a yam? Your Produce Man solves the mystery: <http://ow.ly/emVY1>

For easy weeknight dinners, add frozen veggies to stir fry dishes or quick casseroles. They're always on hand & budget-friendly!

Avoid packing on the pounds this holiday season with these weight management tips and ideas: <http://ow.ly/Dxnhf>

What's on your #Thanksgiving menu? Lots of FVs we hope -- this delicious and nutritious Thanksgiving feast will get u started: <http://ow.ly/TDIHx>

Entertaining can be fun, especially around the holidays! Here are some tips & recipe ideas to keep it HEALTHY: <http://ow.ly/TDoWV>

Feeling a little sluggish after that huge #holiday meal? Check out these tips from @Fruit_Veggies to avoid that after-meal slump: <http://ow.ly/TDomX>

#Cranberries, #ginger, and #pears are at their peak in flavor! Find out what other goodies are in-season: <http://ow.ly/TDyhP>

#DidYouKnow The Pummelo is the largest member of the citrus family n taste like a sweet grapefruit?

The versatility of canned #pumpkin makes it a delicious and nutritious addition to both sweet & savory recipes at mealtime.